Did you know linguine means "little tongues"? What about the fact that linguine, one of America's favorite pasta shapes, has a whole day devoted to it – **this Saturday, September 15th**! From linguine with clam sauce to linguine with marinara and meatballs, everyone loves the versatility and taste of a pasta meal made with linguine.

If you're looking for another reason to celebrate your love for linguine, The National Pasta Association (NPA) has a few new recipes which are unique, taste great, and fit into your lifestyle! Below, please find the recipes for **Linguine with Exotic Mushrooms, Linguine With Bloody Mary Sauce,** and **Linguine and Spinach Pesto** recipes. Hi-res images are available upon request.

For more about pasta including nutritional information, recipes, and fun activities to do with pasta visit www.pastafits.org or check out our Facebook page at www.facebook.com/pastafits/**Alana Sorrentino** (For the *National Pasta Association*)

Linguine with Exotic Mushrooms
The National Pasta Association – www.ilovepasta.org
Serves 2

Ingredients
6 oz. Linguine, uncooked
4 oz. button mushrooms
4 oz. wild mushrooms (shiitake, cremini or oyster)
1 tbsp. butter
2 tbsp. chopped fresh parsley
1/4 cup low-fat sour cream
1/4 cup skim milk
Salt and freshly ground pepper to taste

Directions: Prepare pasta according to package directions. While pasta is cooking, wipe all the mushrooms clean with a paper towel. Trim the stem end from the mushrooms. (Remove all of the stems if you are using shiitakes.) Slice mushrooms 1/4-inch thick.
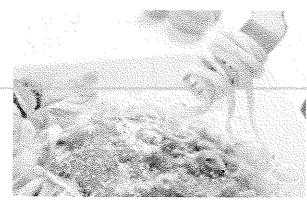
Melt the butter over low heat in a large skillet with a tight-fitting lid. Add mushrooms and parsley, cover skillet and let mushrooms cook until they are completely tender and have released their liquid, about 15 minutes. Check the mushrooms once or twice during cooking to make sure they are not browning.

Whisk the sour cream and milk in a small bowl until smooth. Just before draining the pasta, mix 1/4 cup of the pasta cooking water into the sour cream mixture.

Drain the pasta and transfer it to the skillet. Add the sour cream mixture and heat to boiling. Add salt and pepper to taste. Boil together one minute, tossing pasta to coat with sauce and to evenly distribute mushrooms. Divide pasta between two plates, spooning extra sauce on top. Serve immediately.

Linguine with Bloody Mary Sauce
The National Pasta Association - www.ilovepasta.org
Serves 4

Ingredients:
1 pound Spaghetti, Linguine or any other long pasta shape,
1 tbsp. vegetable oil
1 clove garlic, minced
2 tbsp. chopped parsley
6-oz. tomato juice
2 tbsp. vodka
1/2 tsp. prepared horseradish
1/2 tsp. Worcestershire sauce
Freshly ground black pepper to taste

Directions: Prepare pasta according to package directions; drain. Heat oil in large skillet over medium heat. Add garlic and parsley, cook until garlic is fragrant, about 30 seconds. Stir in tomato juice, vodka, horseradish, Worcestershire sauce and black pepper. Heat to boiling and boil 30 seconds. Stir pasta into sauce until coated. Serve hot.

Linguine and Spinach Pesto

The National Pasta Association – www.pastafits.org
Serves 8

Ingredients
1 lb. Spaghetti, Linguine (or your favorite pasta shape), uncooked*
1 (10 oz.) package frozen spinach, thawed, well drained
2 tbsp. vegetable oil
1/4 cup grated Parmesan cheese
2 tbsp. chopped parsley
2 cloves garlic
1/2 tsp. salt
1/2 tsp. dried basil
2 tbsp. margarine (or butter)
1/3 cup water

4 oz. crumbled feta cheese

Directions: In a blender (or food processor), combine spinach, oil, Parmesan cheese, parsley, garlic, salt and basil. Mix at medium speed until finely chopped. Melt margarine in water. With blender or processor running, gradually pour in melted margarine mixture until blended. Prepare pasta according to package directions; drain and set aside. Toss pesto with pasta. Sprinkle feta on top and serve.

*Whole-grain, multi-grain or whole-wheat pasta varieties may be substituted.

Makes 8 servings. Per serving: 325 calories, 11g total fat, 3 g saturated fat, 45 g carbohydrate, 12 g protein, 1 g dietary fiber, 420 mg sodium